



THE SOLINGER METHOD

by Root Health L.L.C.

Dysbiosis

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Dysbiosis

Root Health L.L.C, The Solinger Method

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What Is Dysbiosis

Dysbiosis refers to an **imbalance in the gut microbial ecosystem**, characterized by loss of beneficial bacteria, overgrowth of opportunistic organisms, or reduced microbial diversity. Dysbiosis affects digestion, immune regulation, hormone metabolism, nutrient absorption, and inflammatory signaling.

In adults, dysbiosis commonly reflects:

- Antibiotic or medication exposure
- Chronic digestive suppression
- Low stomach acid or bile
- Inadequate dietary fiber or polyphenols
- Chronic stress and altered gut motility
- Immune dysregulation

Dysbiosis is a **systems level imbalance**, not simply “bad bacteria.”

Conventional Medicine Perspective

Conventional medicine typically views dysbiosis as:

- A vague or non clinical concept
- Relevant only in acute infection
- Treated with antibiotics when symptomatic

Outside of infectious disease, dysbiosis is often dismissed or unmanaged.

This approach overlooks:

- Microbiome influence on immunity and metabolism
- Long term consequences of imbalance
- Recurrence of symptoms after antibiotic use

Naturopathic Medicine Perspective

Naturopathic medicine views dysbiosis as a **core driver of chronic disease**, involving altered microbial signaling, immune activation, and metabolic dysfunction.

Key systems involved include:

- Microbial diversity and competition
- Short chain fatty acid production
- Gut immune tolerance
- Estrogen and bile metabolism
- Neurotransmitter production

The goal is to **rebalance and rebuild**, not indiscriminately eradicate.

Key Drivers and Patterns in Adult Dysbiosis

Antibiotic Associated Pattern

- Onset after antibiotic use
- Recurrent infections
- Digestive upset

Inflammatory Pattern



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- Bloating and gas
- Food sensitivities
- Skin or joint symptoms

Constipation Dominant Pattern

- Infrequent stools
- Bloating
- Hormonal congestion

Diarrhea Dominant Pattern

- Loose stools
- Urgency
- Fatigue

Nutritional Strategy

Nutrition for dysbiosis focuses on **feeding beneficial microbes, reducing pathogenic overgrowth, and supporting immune tolerance**, not extreme restriction.

Core Nutritional Priorities

- Increase microbial diversity
- Support regular elimination
- Reduce inflammatory inputs
- Maintain adequate calories
- Avoid fear based eating

Therapeutic Foods to Emphasize

Prebiotic Fiber Sources

- Oats
- Cooked and cooled rice or potatoes
- Onions and garlic (cooked if sensitive)

Polyphenol Rich Foods

- Berries



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- Green tea
 - Olive oil
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Fermented Foods (Individualized)

- Yogurt
- Kefir
- Sauerkraut

Introduced cautiously based on tolerance.

Protein Adequacy

Supports immunoregulation.

Suggested intake:

25 to 35 grams per meal

Reduce or Avoid Temporarily

- Excess sugar
- Ultra processed foods
- Alcohol
- Overuse of antimicrobial herbs

Balance is the goal.

Targeted Supplement Support

Therapeutic Adult Dosing

Broad Spectrum Probiotic

Supports microbial diversity.

Dose: 20 to 50 billion CFU daily

Spore Based Probiotic (Bacillus species)



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Supports resilience and microbial competition.
Dose: 1 to 2 capsules daily

Prebiotic Fiber (PHGG or Inulin)

Feeds beneficial microbes.
Dose: 5 to 10 grams daily, titrated

Saccharomyces boulardii

Supports microbial balance and immune signaling.
Dose: 5 to 10 billion CFU daily

Targeted Herbal Support

Berberine

Supports microbial balance and reduces opportunistic overgrowth.
Dose: 500 mg, two to three times daily

Oregano Oil (Enteric Coated)

Broad spectrum microbial support.
Dose: 150 to 300 mg daily

Neem Leaf

Supports antimicrobial balance.
Dose: 300 to 600 mg daily
Herbs are rotated, not used indefinitely.



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Celery Juice Support for Dysbiosis

Celery juice may support dysbiosis by improving **hydration, digestive secretions, and bowel regularity**, creating a less favorable environment for overgrowth.

Dose:

8oz fresh celery juice daily

Timing:

Morning on an empty stomach

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Dysbiosis** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

- Regular meal timing
- Stress regulation
- Avoid chronic undereating
- Gentle daily movement

Microbes respond to rhythm.

When to Dig Deeper

Further evaluation is warranted when dysbiosis persists:

- Comprehensive stool testing
- Organic acids testing
- Inflammatory markers
- Medication review

Dysbiosis resolves when **microbial diversity, motility, and immune tolerance are restored together.**



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